



DCH Team,

The end of May is just around the corner, and it has proven to be a very busy month.

With Public Employee Recognition Week (PERW) behind us, I certainly hope that each of you had the opportunity to participate in the weeklong activities that Kelly Washington-Johnson and the Office of Human Resources team thoughtfully pulled together to ensure that you had a memorable virtual experience.

While I am thrilled that the focal point of the week was to celebrate all of your accomplishments and successes over the past year, it is my sincere hope that you also realized how greatly appreciated you are as a member of this DCH team. This year's theme of "Working Apart, Reaching Success Together" is a true testament to your resilience of maintaining your commitment to the core tenets of the agency: Communication, Customer Service, Teamwork and Accountability. I hope you'll take a moment to review the PERW recap, which also includes the names of some of your team members who were recognized during the week.

Speaking of core tenets, I am especially excited that we are spotlighting a team this month that strives to operate in the true spirit of C.C.T.A – our Katie Beckett team. This team has continued to go into their Norcross office on a rotational basis since July of last year, working to ensure that Georgia families are continuing to receive the services they need for their children.

Also, as soon as we stepped into the new year, Brandy Sylvan and the Office of Government Relations team began working diligently to support the agency during the 2021 legislative session, both virtually and onsite at the Capitol. Now that session is over, we offer a brief overview and updates on the bills pertaining to DCH that received final passage through the House and Senate chambers, and were eventually signed into law by Governor Kemp.

May 6 – 12 of this year was National Nurses Week, and in this month's issue, we take a moment to recognize the many nurses who continuously go above and beyond through their dedicated service with DCH.

Finally, many of you are celebrating five or more years of service with the state, and we recognize those of you who remain steadfast in your role as public servants. I send a sincere congratulations and thanks to each of you. I'd also like to send a special congratulations out to **Deborah Susan Bruce** (Contact Licensing Specialist, Georgia Composite Medical Board) who has completed 40 years of service! Job well done, Deborah!

And I want to send a belated Happy Mother's Day to those who celebrated earlier this month. I hope that you were able to take a moment to celebrate you!

As we continue to navigate COVID-19, I want to reaffirm our guidance that unless you are required to be in the office for on-site business activities, you should work remotely to help mitigate the spread of the virus. The office is open for those of you who have to come in periodically for on-site services, so be sure to take the "Return to Office" training through the Office of Human Resources and sign the attestation.

Thank you Team DCH for all you do for the communities we serve.

Frank

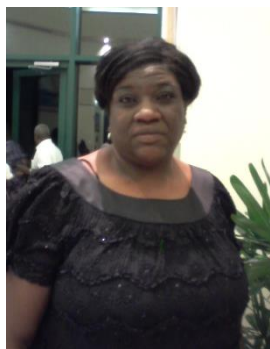


DCH Spotlight – The Katie Beckett Team – “We Exemplify C.C.T.A.”

One of the major benefits of choosing a team to spotlight month-to-month is the level of knowledge that unfolds during the informal chats that eventually become an editorial piece. No matter how long you’ve been a team member at DCH, or how much you may “think” you know about what we do as an agency, there’s always that sliver of unknowing that emerges when conversations take place; spoken words that evoke a humble acknowledgment – “Wow, I really had no idea...”

With so many divisions, offices and programs operating throughout the agency, the Katie Beckett team holds the distinction of being one program that primarily operates outside of the tangible walls of 2 Peachtree Street. And, if you’re not exactly sure what it is they do, we can guarantee you that more than 4,500 families across the state are well aware of the services they offer.

As a brief backgrounder, the Katie Beckett Medicaid Program was established in 1982 under the Tax Equity and Fiscal Responsibility Act/TEFRA (P.L. 97-248), and permits the state to provide Medicaid benefits to children 18 years of age or younger (living at home) who qualify as disabled individuals under §1614(a) of the Social Security Act as long as certain conditions are met. This entails children who would not ordinarily be eligible for Supplemental Security Income benefits as a result of parental income or resources. Eligibility for the waiver is not based on a medical diagnosis, but the institutional level of care the child requires. For our Katie Beckett team, their primary purpose is to ensure that applicants first meet the basic demographic eligibility requirements to qualify for the waiver.



Niyokia Sermons

For **Niyokia Sermons**, Katie Beckett Medicaid Unit Manager, the past year has felt almost like a whirlwind. Although the world seemed to hit the pause button for a brief moment, the team, under the guidance of their leader and her right hand, **Miriam Turner** (Economic Support Consultant 2), has proven to be the little engine that could. This team of 10 (14 when fully staffed) processes applications and renewals for the waiver for all 159 counties throughout the state of Georgia. To say this is a heavy lift is a mild assessment. These team members take their job seriously, and try to do their best to manage their processes so that qualified families can get the



Miriam Turner

assistance needed to enhance the standard of care for their children. In addition to Niyokia and Miriam, who between the two have a combined 40 plus years of experience working for the state, the team also consists of:

- Rabina Sheriff - Eligibility Support Specialist 3
- Sheriee Leslie - Eligibility Support Specialist 2
- Cleonecia Forbes - Eligibility Support Specialist 2
- Tracey Jordan - Eligibility Support Specialist 2
- Terri Passmore - Eligibility Support Specialist 1
- Latarcsha Murray - Eligibility Support Specialist 1
- Adriana Redfern - Eligibility Support Specialist 1
- Linda Harris - Eligibility Specialist 1
- Mula Xavier - Program Assistant



(l-r) Mula Xavier, Rabina Sheriff, Tracey Jordan and Cleonecia Forbes

“Because of the type of work we do, and our handling of very sensitive medical documents, our team actually went back into the office on a rotational basis back in July 2020,” said Miriam. “Although we are not completing renewals right now, I’m very pleased to say that we have caught up on our backlog, and are currently up to date



(l-r) Sheriee Leslie, Adriana Redfern, Linda Harris, Latarcsha Murray and Miriam Turner

on our case load. Sure, it was challenging in the beginning trying to adjust to everything that was happening, but the way this team stepped up and kept the ball rolling truly speaks to our dedication of ensuring that we are serving our Georgia families to the best of our abilities.”



Terri Faulkner Passmore

And, while the team is extremely proud of the work they’ve accomplished, especially over the course of the past year, they are especially delighted with the new space they recently acquired that sets

the atmosphere for greater productivity. This move resulted from a visit to their former space by Commissioner Berry and members of his leadership team.



“Everyone is so excited about the new space,” continues Miriam. “Our new location here on Beaver Ruin Road is a great big plus for us because the location is much more desirable and accessible, and we now have more space to comfortably accommodate our team. It makes us more effective and has greatly increased morale around the office.”

With new office digs and an inviting work environment under their belt, Niyokia exudes optimism and confidence in how the office will continue to progress and move forward as some semblance of normalcy seemingly peeks around the corner.

“Eventually, this pandemic will have to subside, and I’ve already been preparing my team mentally for the workload that is ahead,” says Niyokia. “I’m proud of the way we’ve managed our ‘to do’s’ for right now, but as I’ve told the team, ‘get ready, get ready, get ready’ because the overabundance of applications and renewals are lingering in the pipeline. The question isn’t will it happen, the question is *when* will it happen. I want to make sure that we all are in the headspace of expectancy, and just ready to rock and roll when it comes through.”



“Our knowledge base comes not only from experience, but also proper training.”

As an outsider looking in, the skillset needed to manage the case load can seem fairly overwhelming. For the many families seeking assistance for their children, submitting a 100 percent complete application can be quite the daunting task. To ensure parents have greater success in submitting a fully completed application before it goes to the next level of approval*, Katie Beckett team members have developed a keen eye for details, and as both Miriam and Niyokia are quick

to note, they have the training to do so. Team members take care in reviewing the preliminary applications, and strive to be seen as partners for families simply because they want qualified applicants to receive a favorable decision. They’ve each developed a medical review skillset closely aligned with those of the medical professionals who make the determining decision for potential waiver recipients. They know the language, they understand how to interpret psychological evaluations and therapy notes to garner whether the appropriate verbiage is included. The goal is to get caregivers through that

critical first step of submitting a fully completed application that determines demographic eligibility; an incomplete application could present a time consuming and stress-filled delay.

“Yes, we absolutely do have the years of experience behind us to successfully fulfill our roles with Katie Beckett,” continues Niyokia. “But, our knowledge base comes not only from our experience, but also proper training. Our new hires are trained to look at documents for IQ scores in the psychological evaluation, or the five domains of function in development. They are also trained to understand what a care plan for therapies look like. They absolutely have a wealth of knowledge that has been instilled in them that makes them effective in their roles. As they continue to grow in this space, I like to tell them that ‘practice makes perfect.’ The more they do, the more experienced they become, eventually making them subject matter experts in the process. However, there is always something new to learn – always new policies that incite additional special training for enhanced knowledge.”

Time and time again, the Katie Beckett team has proven that they are here to serve. They are also quick to assert that their evolving success stems from a firm foundation built on Communication, Customer Service, Teamwork and Accountability. They are indeed proponents of C.C.T.A as a result of :

- Over-communicating with caregivers to ensure that the application process is progressing smoothly
- Providing excellent customer service by often going above and beyond the required tasks, and further engaging providers unfamiliar with the program to get the required documentation needed for approval
- Understanding that they are better together as one team aligned to serve those in need, and staying committed representing the one team belief
- Holding themselves accountable for the results they garner for needy families

“Above all else, I desire to see the Katie Beckett team recognized as a star that shines bright for DCH,” says Niyokia. “I’m proud of this team because I know that we exemplify the tenets of C.C.T.A, and we will continue do so by constantly exceeding expectations, and relentlessly serving our GA families with excellence.”

Thank you Katie Beckett team for your commitment as public servants. We’d also like to send an extra special shout out to Niyokia Sermons for leading this team. Your DCH family sends you much love and many hugs on your continued journey to wellness.

#KatieBeckettTeamCares

**Alliant Health Solutions serves as an external vendor/contractor for the Katie Beckett program. Alliant is comprised of medical experts who review the submitted documents, and makes the final determination regarding approval for the waiver based on level-of-care eligibility.*



PUBLIC EMPLOYEE RECOGNITION WEEK (PERW) RECAP

WOW!!!! What a week! If you missed out on the festivities, then guess what? YOU MISSED OUT!!! Huge KUDOS and a massive shout out to the **Office of Human Resources**, led by Kelly Washington-Johnson, for pulling together a well thought out and highly entertaining week for DCH team members. Here is how it all went down:

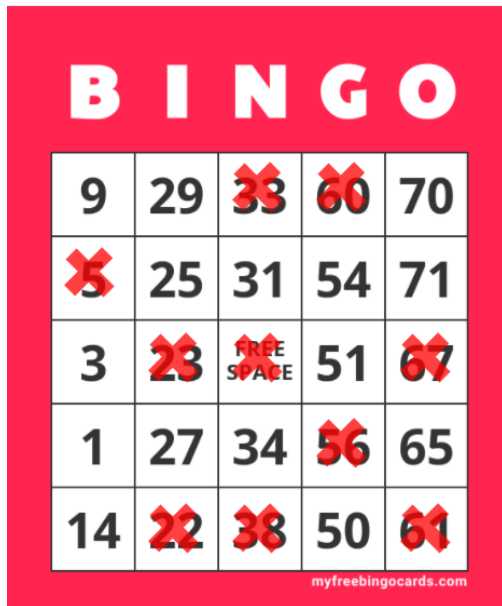
MONDAY, MAY 3 – KICKOFF

Commissioner Berry kicked off the week with an [All-Staff address](#):



TUESDAY, MAY 4 – GAME DAY

Listen...all we can say is, "You had to be there!" There was Bingo, movie trivia, music trivia, and scavenger hunts...so much fun! And yes, the winners did receive prizes!



No this wasn't the winning card, but we thought we'd add it to show you what a losing card looks like. The three-time sore loser with this card demands a do-over.

Congrats are in order for some of our other game day winners:

PERW GAME DAY WINNERS

Game	Name	Office
AM Bingo Break	Chandra Gladmon	Medical Assistance Plans
AM Bingo Break	Niyokia Sermons	Medical Assistance Plans
Can you Guess the Funny Movie?	Melonie Wilson	Medical Assistance Plans
Do you Know the Top 2020 Hits?	Mashonda Fortune	Medical Assistance Plans
Do you Know the Top 80's Hits?	Stephanie Lawson	Dentistry & Pharmacy Board
Do you know the Top Pixar Movies?	Alexandria Turner	Office of Communications
Name that Marvel Movie?	Candace Henault	Office of Human Resources
Name that Marvel Movie? - Rematch	Nicholas Schultz	Office of Inspector General
Name that Tune, Motown Throw Down	Fiona Roberts	Office of Communications
PM Bingo Break	Phyllis Scott	Financial Management Division
PM Bingo Break	Tiffany Doyle	Financial Management Division
PM Bingo Break	Allison Wilcox	Medical Assistance Plans
Scavenger Hunt	Dophamia Dean	Medical Assistance Plans
Scavenger Hunt	Matthew Krull	Office of General Counsel
Square Dance Challenge	Cora Cranford	Healthcare Facility Regulation Division
Square Dance Challenge	D'on Stillman	Financial Management Division
Team Trivia	Tiffany Doyle	Financial Management Division
Team Trivia	Rabina Sheriff	Medical Assistance Plans
Team Trivia	David Grossman	Office of General Counsel
Team Trivia	Jorge Correa	Office of General Counsel
Team Trivia	Toshiro Butler	Office of General Counsel

WEDNESDAY, MAY 5 – HEALTH AND WELLNESS DAY



Health and wellness. That's it. That's the sentence.

Team members participated in healthy cooking classes, yoga and a back care webinar. There were also two pop-up “square dance challenges.” Nope...there was no do-si-do'ing, promenading or sashaying. **DJ Trinette** was on the one's and two's spinning hits, and zoomies stepped away from their work areas to show off their best dance moves.

Cora Cranford went in her secret stash and pulled out her hula hoop, while **D'on Stillman** channeled his inner Quad City DJ's and Yin Yang Twins – both taking home prizes for

moves that would rival Baryshnikov.

THURSDAY, MAY 6 – VIRTUAL AWARDS CEREMONY

Communication, Customer Service, Teamwork and Accountability are the four pillars on which the agency stands. We celebrated our team members for their exemplary service over the past year. Congratulations to the recipients of the following awards:

DCH team members also participated in a [video for Commissioner Berry](#) thanking him for his dedicated service to the agency:

The Excellence in Customer Service Award

- ❖ Rachel Gilstrap, Healthcare Facility Regulation Division

The Excellence in Communication Award

- ❖ Kiana Jackson, Office of Communications

The Excellence in Teamwork Award

- ❖ Pauline Collins, Healthcare Facility Regulation Division
- ❖ Special Investigations Unit of the Office of Inspector General. - Sybil Henderson, Jeffrey Rozier, Mary Marks, Kaneesia Lopez, Jimmy Cotton, and Rashawn Pratt
- ❖ Itovia Evans with the Pharmacy & Dentistry Board

The Excellence in Accountability Award

- ❖ Office of Analytics & Program Improvement. Congratulations Daphanie Scandrick-Keit, Monica Cormier, Naima Garrett-Scott, Michealla James, Sam Maruthappan, Ramakanth Rallapalli, Steven Simmons, Leslie Vaughns, and Yan Xiao

The Above and Beyond Awards

- ❖ Debra Joiner & Vivian Denson, Commissioner's Office.
- ❖ Kenisha Johnson, Healthcare Facility Regulation Division
- ❖ Christel Benn-Griffith, Healthcare Facility Regulation Division
- ❖ Mary Boltwood, Office of Information Technology
- ❖ Ametria Baker, Division of Financial Management
- ❖ Steven Simmons; Sam Maruthappan; Yan Xiao, Office of Analytics and Program Improvement
- ❖ Ha Le with Office of Project Management, Rhonda Jones and Mary Peterkin with Office of General Counsel, Chantrese Smith and Shirmory Hodges with Medical Assistance Plans Division
- ❖ Accounts Payable Team with the Division of Financial Management – John Wisniewski, D'on Stillman, Richard Johnson, Cassandra Taylor, Caron Purvis
- ❖ Office of Human Resources
- ❖ Office of Project Management
- ❖ Office of Communications
- ❖ Division of Financial Management
- ❖ Long Term Care Surveyor Team with the Healthcare Facility Regulation Division



FRIDAY, MAY 7 – DCH GIVE-A-WAY DAY!

Want a prize? Well, there's a virtual app for that!

For those team members who actively participated in PERW activities, their names were added to the DCH "Wheel of Fortune," and many walked away with cool gift cards after the wheel landed on their name!

Congrats to the winners of Friday's giveaway:

DCH GIVE-A-AWAY WINNERS

PRIZE	WINNER
\$ 10 Starbucks Gift Card	<ul style="list-style-type: none"> • Fiona Roberts • Lakisha Baldwin • Mary Peterkin • Dophamia Dean • Tara Dickerson • Kari Gibbs • Tanyka Brathwaite • Keema Mcclean-Haynes • Arlene Hawkins • Jamie Coleman
\$15 Chick Fil-A Card	<ul style="list-style-type: none"> • Miriam Turner • Marty Hicks • Jareny King • Myrthia Hall • Phyllis Scott
\$20 Target Gift Card	<ul style="list-style-type: none"> • David Grossman • Melanie Wilson • Rebecca Smith • Matthew Krull • Melan Debes
\$ 25 Amazon Gift card	<ul style="list-style-type: none"> • Denise Matthews • Vivian Denson • Cedric Greenway • Treasure Harewood
\$25 Cracker Barrel	<ul style="list-style-type: none"> • Cora Cranford
\$ 25 Visa Gift card	<ul style="list-style-type: none"> • Tiffany Doyle • Kashondra Jones

**BONUS

Soooooooo...no one correctly guessed the identity of all of the DCH leadership babies. Congrats to the two who made a valiant effort and won the contest!

DCH Leadership Baby Photo Contest Winners

- ❖ Lindsey Breedlove, Office of General Counsel – 8 Correct

❖ Tara Dickerson, Office of General Counsel – 7 Correct

E, G & M are decoys

A



Shawn Walker

B



Joe Hood

C



Sonja Allen

D



Marial Ellis

F



Daphanie Scandrick-Keit



H



Kelly Johnson

I



Kim Morris

J



Brian Dowd

K



Stephen Register



L



Melanie Simon

GREAT FUN WAS HAD BY ALL!!!! LOOKING FORWARD TO PERW 2022!!!



Legislative Session 2021 Recap

The General Assembly wrapped up its 40-day legislative session on March 31, 2021. Below are overview updates of bills that pertain to DCH and received final passage through the House and Senate chambers, and Governor Kemp signed each bill into law.

Prior to the start of this year's legislative session, DCH identified three legislative "asks" of our own with two of the bills being signed into law – House Bill 93 and House Bill 553.

House Bill 93

This law removes state regulations for labs, which placed an undue burden on certain labs when it came to staffing requirements. Effective July 1 of this year, only federal requirements will apply. The Healthcare Facility Regulation Division (HFRD) will continue to provide oversight of labs on behalf of CMS to ensure labs meet federal requirements, and the division will have to present rule revisions to the board to comply with this new law.

House Bill 553

HB 553 is the other DCH "ask" that was passed this session. It gives DCH the final decision-making power in Medicaid appeals reviewed by the Office of State Administrative Hearings (OSAH) and allows OSAH to handle its business electronically. This law is effective as of April 29th.

House Bill 146

HB 146 provides eligible state employees with 3 weeks of paid parental leave once every 12-month period. Eligible employees are those who have been employed for at least 6 months, and the leave can be used after the birth of a child and/or placement of a minor for adoption or foster care. This law goes into effect on July 1 of this year. The State Personnel Board will adopt rules providing further guidance.

House Bill 163

HB 163 creates an "express lane" for Medicaid coverage that allows the Department of Homeland Security (DHS) to auto-enroll and renew eligible children based on application data received for the Supplemental Nutrition Assistance Program (SNAP). DCH must provide a state plan amendment to the Centers for Medicare and Medicaid Services (CMS). This law goes into effect on July 1, 2022.

House Bill 271

HB 271 requires DCH to review provider matching payments on ambulance services for obtaining federal financial participation in Medicaid. It allows private ambulance services to receive ambulance UPL payments for which public providers are currently eligible. This law goes into effect on July 1 of this year. The agency will need to present rules to the Board for adoption, and a Medicaid State Plan Amendment will be required for approval by CMS in order to implement.

House Bill 307

HB 307 permanently implements certain telehealth services that were made available during the COVID-19 pandemic, particularly for mental and behavioral health services. The law allows covered individuals to receive telehealth services from home, work, or school, and prohibits the requirement of an in-person consultation before an individual can receive such services. This law was signed on May 4th.

Senate Bill 4

SB 4 prohibits the offering or soliciting of any remuneration for referral of a patient to a substance abuse provider. It applies to all drug abuse treatment and education programs including recovery residences. This law also revises the definition of fraudulent insurance acts to include excessive billing related to drug testing. This law goes into effect on July 1 of this year.

Senate Bill 80

SB 80 is a multi-part law that effects Prior Authorizations (PAs), and it applies to both pharmacy and medical reviews. Insurers must post PA requirements to their website, as well as share statistics on denial rates and the average time it takes for them to issue a determination. Providers must be notified of the need of a PA or an adverse determination within 15 calendar days in 2022 and within 7 calendar days beginning in 2023. Providers must also be given the opportunity to speak with a reviewing entity if medical necessity is in question. Adverse determinations must be reviewed by a clinical peer, and appeal reviews must be conducted by providers who are actively practicing in the specialty under review. If an individual obtains a new coverage plan, the new provider must honor a previously issued PA for at least 30 days. This law is effective January 1 of 2022.

Senate Bill 215

SB 215 allows Certified Medication Aides (CMAs) to be employed in nursing homes. It also allows any licensed facility to conduct a Certified Nurse Aide (CNA) program if they meet the minimum federal standards for the program. This law was signed into effect on May 4th.



“Celebrating Our DCH Nurses”

National Nurses Week – May 6 - May 12, 2021

“I attribute my success to this: I never gave or took an excuse.” – Florence Nightingale

On every floor, in just about every division and/or office, in every nook and cranny within the agency, it is highly unlikely that you’d be hard pressed to find a nurse – the “beating heart of our medical system.” What a year they’ve had, and yet, they’ve stood strong and firm putting in the hours and making no excuses – simply moving forward and doing the work.

Words will never be enough to express our gratitude to each of our DCH nurses, but as Commissioner Berry stated earlier in the month, “The contributions you make to the agency are invaluable and help us ensure access to quality healthcare throughout the State of Georgia.”

DCH nurses, we thank you and we honor each of you today and every day of the year:

<p>Healthcare Facility Regulation Division</p> <ul style="list-style-type: none"> ❖ Adepeju Adediran ❖ Clementine I. Allen ❖ Abimbola S. Ansa ❖ Memunata Bah ❖ Joann Benjamin ❖ Sonia Bent ❖ Kelly Bowles ❖ April D Brown ❖ Karen Larneise Brown ❖ Sharon Denise Brown ❖ Kathy Chatmon ❖ Candace L Clough ❖ Cora V Cranford ❖ Lauren Cummings ❖ Cathy D Davis ❖ Cheryl Dean ❖ Annette Delano ❖ Janice D Dunaway ❖ Janet L Dunn ❖ Christene M Facey-Chutkhan ❖ Deborah J. Ferguson ❖ Kerrie Leigh Fields ❖ Benita Francis ❖ Helen Garnica ❖ Patricia Hancock ❖ Janet Lynn Henley ❖ Beverly M. Henry ❖ Deborah W. Herring ❖ Terrie Holley ❖ Irene M Hubbard ❖ Wanda Jallow ❖ Canessa L Johnson ❖ Dorothy Johnson ❖ Jeanne Keesler 	<p>Healthcare Facility Regulation Division</p> <ul style="list-style-type: none"> ❖ Enid Sue Klapper ❖ Kellie Lavoie ❖ Flossie LeCounte ❖ Jean Levi ❖ Lesley J. Lowman ❖ Theresa McCormick ❖ Janet D. Messerly ❖ Andrea Patricia Miranda ❖ Cynthia Mitchell ❖ Donna A Morris ❖ Anthony Moss ❖ Evelyn Murphy ❖ Latonda Sherrie Oladapo ❖ Gladys Paul ❖ Susan S. Payne ❖ Florria J Perdue ❖ Cynthia Petty ❖ Valerie Quaker ❖ Shirley E. Rodrigues ❖ Fe Sunga Smith ❖ Yolanda F. Smith ❖ Merle D. St. Hillaire ❖ Paula Tucker ❖ Cheryl L. Warren ❖ Kimberly Whittemore ❖ Fanta Wright ❖ Stacey Young 	<p>Medical Assistance Plans Division</p> <ul style="list-style-type: none"> ❖ Sharon Collins ❖ Melinda G. Ford-Williams ❖ Juanita D. Hines ❖ Carolyn W. Porter ❖ Danita L. Wesson <p>State Health Benefit Plan Division</p> <ul style="list-style-type: none"> ❖ Catherine H Craven ❖ Ursula L. Mazzairelli ❖ Cheryl Williams <p>State Office of Rural Health</p> <ul style="list-style-type: none"> ❖ Tiffany S. Hardin <p>Office of Inspector General</p> <ul style="list-style-type: none"> ❖ Nancy Kelley Garritson ❖ Shawn Green ❖ Kekinetu Okwilagwe ❖ Danielle N. Parker-UmRani ❖ Allison Roberson ❖ Paige Gannon Ruf ❖ Mary Jo Talisse
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COVID-19 Reminders

Get the latest updates on **COVID-19 and vaccines**.

For COVID-19 screenings and personalized care plans for minor health conditions like cold, flu, or sinus problems, **complete an e-visit**. To talk to an advice nurse 24/7, call 1-855-512-5997.

Understanding Mental Health

Mental health conditions are more common than most people realize. And in times of extreme stress, even more people experience symptoms that affect their daily lives. Sometimes these symptoms go away when stress subsides, but sometimes they don't.

If you struggle with depression, anxiety, addiction or other mental or emotional conditions that interfere with your daily life, **we're here to help**. You can talk about your concerns with anyone on your care team, and they'll connect you to the support you need.

As a member, you also have access to self-care apps at no cost. **Learn more about Calm and myStrength**.

Mental health services are a call or click away.

- Call Member Services at 855-512-5997
Monday – Friday 7 am – 7 pm ET
- Visit **kp.org/mentalhealth**
- Start the conversation at **findyourwords.org**



Focus on Women's Health

With Mother's Day upon us, May is a great time to focus on women's health. It's not always easy to find the time and energy to take care of yourself. Here are some resources we hope you'll find helpful in keeping you feeling your best.



- [Learn about women's health](#)
- [The importance of screenings](#)
- [Wellness tips, tools and activities](#)

Online Scheduling Update

ONLINE SCHEDULING UPDATE

You asked. We listened.

Introducing 24-hour online scheduling for **WAY** more appointment types!

Getting appointments is easy as 1-2-3

- 1 Log in to kp.org
- 2 Book an appointment that fits your needs
- 3 There is no step 3. It's that easy.

Learn more at kp.org/appointments



Join us for Yoga at the Battery Atlanta!

When: Mondays at 6:30 pm, weather permitting, and excluding game days.

Who: ***All are invited.*** Make sure to register first since space is limited to allow for social distancing.

What to bring: Water, a mat, and a



friend!

Cost: No charge

Get more information



Stay in Shape with Online Fitness Classes

Whether you are just starting your fitness journey or are a fitness guru, Kaiser Permanente is your partner in health every step of the way. We invite you to take some time to thrive with our at-home fitness content: cardio, stretching, tai chi, and more.

Explore online fitness classes

Your Kaiser Permanente 2021 Wellness Program

Our investment in you
**EARN
UP TO \$1,000**
per household



Participate in Healthy Lifestyle Programs

To qualify for the 2021 Wellness Reward, engage in one **healthy lifestyle program*** or partner with a coach through Wellness Coaching by Phone.

These personalized, online programs can help you create an action plan to reach your health goals. Available programs include:

- Eating healthy
- Losing weight
- Sleeping better
- Moving more
- Reducing stress
- Quitting tobacco

Each member and covered spouse who completes the Kaiser Permanente Wellness Program is eligible to receive a \$500 reward card, up to \$1,000 per household.

Get the details

*Only available to Kaiser Permanente members aged 18 years or older.

Yogurt parfait with fruit at the bottom¹

Replace sweetened yogurt with a natural homemade parfait

The benefits

Yogurt is a healthy snack, full of B vitamins and calcium, which helps keep bones strong.²

While flavored yogurt is high in added sugars that can increase the risk for obesity and heart disease, the fruit and honey in this recipe provide natural sweetness, plus added nutrients.^{3,4}

Blueberries, blackberries, and raspberries, for example, are high in antioxidants that may protect cells and reduce disease risks.⁵

Nuts and nut butter are high in protein, which may provide long-lasting energy.⁶



INGREDIENTS

½ cup berries or other fruit of your preference

1 teaspoon raw honey (optional)

1 tablespoon nuts or nut butter

1 cup unsweetened plain yogurt

PREPARATION

Layer the ingredients above in the following order: berries, honey, nuts/nut butter, unsweetened plain yogurt

Time-saving tip: For a breakfast option that's ready to go, make this parfait the night before and refrigerate overnight.

¹Fitness Blender: *Yogurt and Fresh Fruit Parfait – Clean Eating Dessert Ideas* (accessed October 2020): fitnessblender.com

²Healthline: *7 Impressive Health Benefits of Yogurt* (accessed October 2020): [healthline.com](https://www.healthline.com)

³NPR: *Yogurt May Not Be So Healthy if it's Pumped Full of Sugar* (accessed October 2020): [newsinhealth.nih.gov](https://www.npr.org)

⁴National Institutes of Health: *Sweet Stuff: How Sugars and Sweeteners Affect Your Health* (accessed October 2020): [newsinahealth.nih.gov](https://www.newsinahealth.nih.gov)

⁵Healthline: *11 Reasons Why Berries Are Among the Healthiest Foods on Earth* (accessed October 2020): [healthline.com](https://www.healthline.com)

⁶Shape: *10 Healthy Foods That Fill You Up and Put an End to Hanger* (accessed October 2020): [shape.com](https://www.shape.com)

Protect Your Skin This Summer

Basking in the summer sun may feel relaxing, but too much exposure to UV light from the sun or tanning beds can damage your skin and may even lead to certain types of skin cancer.

Here are some easy ways to stay sun-smart!

Cover up with clothing that protects against UV rays, broad-brimmed hats and sunglasses.

Wear sunscreen with an SPF of 30 or higher. Be sure to apply it 15 minutes before going outside and re-apply every 2 hours while outside. Remember it takes about an ounce of sunscreen to cover your whole body.

Stay in the shade, especially when rays are strongest from 10 a.m. to 4 p.m.

Avoid tanning either at the beach or in tanning beds.

So before you go and enjoy the sun, be sure to protect yourself from the rays. Visit **BeWellSHBP.com/Sun** or call **888-616-6411**.